Chichester Herald

Friday 4th April 2014
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One of the best

>> *Chichester College is 'Outstanding' says OFSTED*

Susanne Reed
NEWS@CHICHESTERHERALD.CO.UK

CHICHESTER COLLEGE has been named as one of the most outstanding places of learning in the country following a recent inspection by OFSTED, which gave the College a glowing report

During 3 to 7 March, Chichester College was inspected by HMI Lead Inspector Matt Vaughan and a team of 12 other Ofsted inspectors 'Outstanding' is currently achieved by only six other further education institutions in the country, placing Chichester College in the UK's top 7.

At the time of the inspection, Chichester College is the only College on the South / South Coast area to be awarded Outstanding across each of the main areas inspected since a notoriously tough new inspection framework was put into place in September 2012 In addition to overall effectiveness, Chichester College was graded Outstanding across the board for all of the key inspection criteria including Outcomes for Learners, the Quality of Teaching, Learning and Assessment and the Effectiveness of Leadership and Management

The report states that 'Learners achieve very high standards and succeed in gaining their qualifications as a result of inspirational teaching and learning Success rates are outstanding." Chichester College's success rates have been the best in

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Students are gaining 'outstanding' results

MORE HEADLINES >>

BESPOKE INDIAN JEWELLERY STOLEN IN SELSEY *Page 7*

THREE GUILTY OF FERNHURST KILLING *Page 8*

GOODWOOD LAUNCHES NEW HISTORIC MOTOR SPORT EVENT *Page 19*

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Chichester College is 'Outstanding' says OFSTED

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Sussex for the past four years and are consistently above the national average.

Inspectors commented on the outstanding knowledge and skills of well-qualified teachers that prepare students very effectively for further study and employment. The College's highly effective, responsive and wide-ranging curriculum was given a special mention by OFSTED inspectors, as they 'meet the needs of employers, businesses and communities across the region.'

The outstanding care and support provided to students in order to help them reach their full potential was praised during the inspection, and the areas of Health, Social Care and Early Years, Animal Care and Veterinary Science, Hairdressing and Beauty Therapy, Visual Arts, Performing Arts, English, Business, Administration and Law in Apprenticeships were also judged and given the accolade of 'Outstanding'.

Chichester College staff were praised for their unrelenting determination to ensure learners achieve to their full potential' and 'place learners at the heart of all college activity'. The OFSTED report also highlighted Chichester College's philosophy on equal opportunities for all its students. The report says "Teachers and support staff ensure all learners, especially those with learning difficulties and/or disabilities and those from challenging backgrounds, achieve to their full potential."

Chichester College has 4,000 full-time students and 11,000 part-time students. There are two main sites in the heart of Chichester and Brinsbury, near Pulborough, work-based learning offices in Worthing, functional skills and return to work classes in Littlehampton and Bognor Regis. Chichester College has many learners from Sussex areas.

Chichester College Principal Shelagh Legrave said: "I am so proud as Principal of Chichester College to have received such a truly outstanding Ofsted report. In 2014, thirteen Ofsted Inspectors rated the College as Outstanding in all four key grades.

It is a true testament to the fantastic staff of the College and a ringing endorsement of their commitment to provide exceptional support to our students. The lead Ofsted Inspector commented that the drive of staff to ensure students achieved their potential was so engrained in our culture, it could almost be touched. Inspectors spoke to many students, employers, staff and other stakeholders during their visit and we would like to thank them for the huge amount of positive feedback they gave during the inspection."

Milly's taking messages to Helmand

Milly is currently in Afghanistan

RENOWNED for her competitive spirit and inability to resist a challenge, Spirit FM's intrepid Drive Time presenter Milly Luxford has flown out to embark on her biggest trial to date: a week in Afghanistan with the troops in Helmand.

Admitting to being somewhat apprehensive about the experience, Milly is taking messages from West Sussex based friends and family of soldiers who are currently deployed in Camp Bastion.

Sprung as a surprise live on air, engineered by Spirit's Ian Crouch, the usually vocal Milly was stunned into silence when she first heard about the trip. Since then she has undertaken Hostile Environmental Training, followed by much form filling, medicals and numerous jabs in preparation of her visit.

Ian Crouch said: "I arranged for Milly to join the UN troops in Cyprus last year, but sending our Milly to an actual war zone was a much bigger gamble. However, I was pretty sure that being such a game girl she would embrace the opportunity and so I went ahead and set it up."

Before she headed off, Milly said it is all becoming very real: "I am nervous but excited, but it will be an honour and a privilege to witness first-hand the incredible work that our brave men and women do. The Army have given me every support and I am sure that it will be an experience that I will never forget."

Anorak Corner

Interesting snippets of information about Chichester

The origin of the name Tangmere is not certain. Mere implies a pool rather than a grand lake, and 'tang' is thought to mean tongs or a serpents tongue. It could be that Tangmere was the pool at the fork, or junction of two ancient paths. The pool was later filled in to form a small village green.

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Tweets of the Week

All tweets are from Chichester people or about the area (some tweets may contain errors) **Let us know what you think @Chiherald**

@refit_health
If you missed yesterday's #Chichester Playground you missed out on stretching your 'ham-calf'—great muscle great stretch"! ;)

@ChiCopywriter
Off to @TheBellehle for nachos then to see @chukeptics Adventures with the Enemies of Science talk by @waterr at #Chichester Inn'

@ChichesterDC
A (late') well done to everyone who took part in the #Chichester @sportrelief Mile More than 400 of you took part http://twitpic.com/dzzoxt

@AttibassiChi
This Sunday we have an amazing event here at Attibassi, local artists will be making a beautiful mural for our wall ...—

@ChichesterFT
#Easter holidays are almost here! CFT has fun day-long workshops run by inspirational theatre professionals for 2-16 year olds

@OUWeather
Any bone experts around? Trying to identify something I found on Selsey beach on sunday. 6 pics here...pic.twitter.com/8qQ48pe0Ch

@maxWmedhurst
Some people think that I'm from midhurst because my last names medhurst but I'm not I'm from Chichester

@rayphillips
Gutted to see that someone's stolen the scarecrow out the armchair on A259 #felpham and just made him a cuppa

@WSCCNews
Welcome to Twitter @EdesHouse. Looking forward to hearing all the latest news from this lovely historical gem in the heart of #Chichester

@Cassons
SPRING LUNCH OFFER Wed-Sat. 2 COURSES £17 3 COURSES £20 inc a glass of House Wine. Beer or Soft Drink #Chichester

I say ladies, nudge nudge wink wink, fancy a nibble?

THE MEANING OF LIFE

The reason we are all so interested in disasters is because all of us are looking for the meaning of life When other people's lives are terminated inexplicably or mysteriously we are forced to think again about our own purpose on earth

SCAMS

Scams are on the up apparently People in Northern Ireland this week received emails telling them there flight had been cancelled (they never booked one) in the hope victims would give bank details

RELIGION

I'm astonished there are people who are certain about our place in the scheme of things when it's obviously beyond us If you can do enough denial to believe in something you know you only believe because it's your dearest hope how many other things are you in denial over?

SCAMS

Another scam that's around at the moment, you get a phone call from 'BT' saying your account is in debt and if you don't pay up over the phone you'll be cut off and it will cost a fortune to get reconnected.

A BOARDS

They're great! They inform us what's where The cluster at the top of Crane St is an institution

WITTY ONES

The Bell Inn just up from the Fire Station roundabout keep up a good daily witty banter on their A Board Tuesday's "Beer and Unimaginative A Boards" !

OUTSTANDING

Chichester College has just been designated by Ofsted as the best College in Sussex It may be there's no better College in the country I'm writing this with Mrs Boyd at my shoulder who like many has worked her socks off there to wrench what was once a run-of-the-mill Technical College into a jewel If you know a young person who's ending their schooling and phased by what to do next get them down there, it's the Oxford of Further Education and it's on our doorstep Now put that gun down woman, I was going to say all that anyway

EMOTIONAL ABUSE OF CHILDREN

There are only two countries on earth which do not have a law against emotionally abusing children We're one We're about to introduce a law which will bring us up to par with countries where people keep goats in their cars and use witchdoctors according to the sort of people who emotionally abuse children

BARROW BOYS

There's been a chap selling strawberries up at the Cross this week,he's offering a cracking deal 2 big punnets for £1 He had a magnificent line in banter but it was very very cockney Come on 'ere we go gels! Ow about bootiful strawberries less a pahnd" I wondered as this is Chichester if he'd have done better with a sort of David Niven, "I say ladies nudge nudge wink wink, fancy a nibble? Oh I say"

EATING ONE'S WORDS

Back in October last year I confidently predicted that Man Utd would win the Premier League I put up that I would eat a Chichester Herald if they didn't Reckon anyone?

UKIP

UKIP are going to be big in one minds presently what with the Euro elections Yes they have plenty of bankers supporters but I love seeing things mixed up for the big boys All the smooth Westminster types are getting squeaky bums in their fitted blue suits

SCAM

Fraudsters remove 'Road Closed' signs from flooded areas wait for cars to get stuck then drive up and offer to help them out For a fee

JOKE

Why is 5 o'clock in the morning like a pig's tail?
Because it's twirly

Contact Tommy: tommy.boyd@chichesterherald.co.uk
Follow Tommy on @TheTommyBoyd

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Twitter: @chiherald
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Chichester Herald is a free weekly newspaper available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83,000**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

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Aldwick, Arundel, Barnham, Bognor, Bosham, Bracklesham, Chichester, Emsworth, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Petworth, Rose Green, Selsey and East & West Wittering.

Founder/Managing Director:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Senior Designer:
Debbie Finn
debbie.finn@chichesterherald.co.uk

Advertising:
advertising@chichesterherald.co.uk

News, sport & entertainment
news@chichesterherald.co.uk

Accounts:
accounts@chichesterherald.co.uk

It really does work... the testimonials
Furniture & More, based in Terminus Road, say: "Whilst a couple were having a coffee in Ikea, they picked up a Chichester Herald from the stand in the cafe. They were in Chichester looking for furniture. Having seen our advert they came around to the showrooms and having been impressed with the quality and prices, they ordered a large selection of goods from us!

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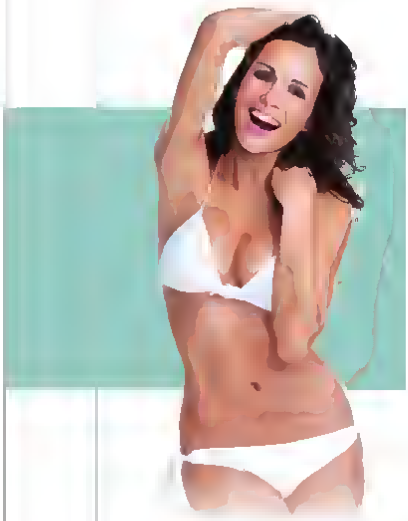
"**Monthly payments** let me have my anti-wrinkle injection now and I was surprised that the **cost** was **less** than I expected, **only** £180"

MF, July 2013

"The whole process was **amazing,** I felt in safe hands with the **Doctor** in a clinic environment"

LR August 2013



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Back to school for granny

LAVANT HOUSE JUNIOR SCHOOL pupils welcomed their grandparents into class recently so that they could get a feel for what their grandchildren get up to at school and share their own experiences of school.

Seventeen grandmothers and grandfathers were happy to get back behind a desk to work alongside their granddaughters. In the science lab, some of our more senior class members learnt how to find out the DNA of a strawberry and one was heard to remark, "We didn't have DNA when I was at school so this was definitely new learning for me!" Other pupils wrote acrostic poems about their grandparents which was very moving for some of the listeners. "I didn't know how much I meant to her', one grandfather commented.

Head of Junior Lavant House Mrs Kate Wade said: "We took the grandparents outside to take part in a 'stick walk' where they were asked to find various objects around the school's grounds which would remind them of their wander. The group came back into the classroom to map out their journey which they found very interesting, before having tea with us in the dining room. We ended the afternoon with a fun netball match watched by our visitors. It was a joy to see our girls working alongside their grandparents and we have had some very nice thank you letters. It's certainly something we will look to repeat next year."

Scouts raise a grand by collection

FOLLOWING a request made by the Lavant Valley Scout Group, staff at the Chichester Sainsbury's very kindly offered the Scout group the opportunity to hold a charitable collection on the 29 and 30 March 2014. With the 30 March being Mothering Sunday, it was felt by the company that a charity collection for children and young people would seem to be the most appropriate idea.

Unlike some of the more established locally based Scout groups, the Lavant Valley Scout Group is a relative newcomer to the area having only started towards the end of 2011. As the title suggests, the Group covers the villages of Lavant, West Dean and Singleton and is well supported by these relatively small communities. The Lavant Valley Scout Group presently only has a Beaver and Cub section but there are plans to start a Scout Troop this summer in order to accommodate young people age 10 ½ yrs to 14 yrs. To enable the Lavant Valley Scout Group to experience the outdoor life, there is a need to raise funds for the purchase of camping equipment.

The Lavant Valley Scout Group held their charity collection over the weekend and the children and young people were exemplary in their conduct, team work and dedication to the task. In order to provide a bag packing service for customers on the Sunday, the Lavant Valley Scout Group extended their invitation to the 12th Chichester Scout Group. A small number of Scouts have been chosen to represent the district at the international Scout Jamboree in Japan during 2015 and these Scouts have to raise money to finance this opportunity of a lifetime. It was agreed that half the proceeds of the Sunday collection would be given to the Jamboree Scouts to aide their fund raising task.

The days were long but the weather was warm and bright which was a considerable relief to the young people and the Leaders/Parents who assisted with the collection. Over the two days the total collection came to £1091. Furthermore, during the Sunday afternoon, a lady customer who wishes to remain anonymous handed the Scouts who were bag packing a generous cheque. This will be added to the overall total. The amount raised is a marvellous outcome and our heartfelt thanks go to all the Sainsbury's customers who were so kind with their giving and of course, to Sainsbury's for enabling this to happen.

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Motorcyclist dies in road traffic collision on A29 at Bury, near Arundel

A MAN HAS DIED following a fatal road traffic collision on the A29 at Bury, near Arundel, on Sunday (30 March).

It occurred at 10.34am just south of the Muroo garage when a black Kawasaki motorcycle travelling north was in collision with a blue Audi A4 car travelling south.

Sadly, the motorcyclist, a 37-year old man from Shoreham-by-Sea, died at the scene. The driver of the Audi, a 69-year-old woman from Pulborough, suffered minor injuries.

Sergeant Rob Baldwin, of the Sussex Road Policing Unit, said: "I would urge any witness we have not yet spoken with to contact us. We would particularly like to talk to a group of motorcyclists who were travelling northbound on the A29 at Bury just before the collision occurred, and who I believe would have seen what happened."

Sgt Baldwin added: "The road was closed for six hours while investigation and recovery work took place, and I would like to thank motorists for their patience."

Anyone with information is asked to phone Sussex Police on 101 or email collision.appeal@sussex.pnn.police.uk, quoting Operation Guardian.

POLICE want to speak to him after a man claimed to be a model in a fashion show to raise money for the Sussex charity Pray for Issey and tricked staff into letting him take hundreds of pounds worth of clothes for free.

Do you know this man?

The thief walked into Stones Clothing in The Arcade, Bognor Regis, at 2pm on Saturday (22 March) and said he was taking part in the fashion show, which the shop had agreed to support by supplying an outfit.

Pray for Issey was set up by Paul and Samantha Riley, from Bognor Regis, to support the children's neurosciences unit at Southampton General Hospital after their daughter Isabella, seven, was treated for a brain tumour there.

The man, who was not a part of the fashion show, took eight items of clothing worth a total of £424.99 and left the store. Among the items he took were a Lambretta parka coat, two pairs of Voi jeans and two Voi hooded sweatshirts.

Police have now released CCTV footage of a man they would like to speak to.

PC Emma Howard said: "Both the Riley family and the event organisers are horrified that someone has done this.

"We would like to speak to anyone who saw the thief in the store or who recognises the man in the CCTV.

"If you know who or where the thief is, or you are offered the chance to buy the clothes, please contact me."

Anyone with information should call 101 quoting serial 335 of 25/3, email 101@sussex.pnn.police.uk or call the independent charity Crimestoppers anonymously on 0800 555111.

Bespoke Indian jewellery stolen in Selsey

POLICE are appealing for witnesses to a burglary at a property in Orchard Avenue, Selsey, between 1pm and 3.30pm on Wednesday 19 March.

A number of unique pieces of bespoke jewellery were stolen. The items stolen include rings, bracelets, bangles and necklaces which are of Indian origin and are described as ornate and beautiful.

Detective Constable Della Squires said: "I'd like to speak to anyone who has seen any such items or has been offered the chance to buy them."

Any witness or anyone with information is asked to call 101 or email 101@sussex.pnn.police.uk quoting serial 0803 of 19/3. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555 111.

Last suspects arrested as part of Christmas drink-drive crackdown are charged

THE LAST motorists who were on bail after being arrested during Sussex Police's December crackdown on drink or drug drivers have been charged with a series of offences.

It brings the total number of people charged with offences as part of the Christmas campaign to 149.

Each of the drivers was arrested during the operation and originally released before being charged when they answered their bail.

Tara Fox, 23, was arrested after her car was stopped in Oving Road, Chichester, in the early hours of 29 December.

Fox, of Greatpin Croft, Littleworth, was charged with drink driving and released on bail to appear at Worthing Magistrates' Court on 20 May.

You can text officers on 65999 with the details of people you suspect of drink or drug driving, along with their car make and registration number.

To report anyone driving antisocially visit www.operationcrackdown.co.uk.

If you see someone driving dangerously call 999.

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Three guilty of Fernhurst killing

TWO MEN have been found guilty of the murder of Michael Griffiths in Fernhurst and another has been found guilty of his manslaughter.

Mr Griffiths's body was found in the burnt out remains of his home in Glebe Close in January 2013.

At Hove Crown Court on Tuesday (April 1), Zac Cowdrey, 24, of Meadway, Staines, and Harvey Munford, 23, of Monks Way, Sunbury-on-Thames, Middlesex, who had both offered an alternative plea to manslaughter, were found guilty of murder. Simon Penton, 43, of Markway, Sunbury-on-Thames, was found guilty of manslaughter.

John Bartholomew, 72, of Portsmouth. Damien Krafft, 27, of High Street, Shepperton, Middlesex and Kerry Rudder, 43, of Markway, Sunbury-on-Thames, were found not guilty of murder.

Munford and Penton also pleaded guilty to four counts of conspiracy to burgle and conspiracy to pervert the course of justice. Cowdrey also pleaded guilty to one count of conspiracy to burgle and conspiracy to pervert the course of justice.

Munford and Cowdrey were sentenced to life sentences in prison with a minimum of 32 years for the murder and nine years to run concurrently for the other offences.

Penton was sentenced to a determinate sentence of 26 years' imprisonment and nine years to run concurrently for the other offences.

Kerry Rudder was also found guilty of two counts of conspiracy to burgle, but was cleared on two other counts and also cleared of conspiracy to pervert the course of justice. She was jailed for three years.

Damien Krafft also pleaded guilty to one count of conspiracy to burgle and was found not guilty of conspiracy to pervert the course of justice. He received a three year prison sentence.

John Bartholomew was also found not guilty of three counts of conspiracy to burgle.

Rebecca Rogers, 39, of Shepperton, who had faced one charge of conspiracy to pervert the course of justice, was found not guilty.

Detective Chief Inspector Jeff Riley, who led the Surrey and Sussex Major Crime Team hunt for Michael's killers, said: "I am extremely pleased that those responsible for the brutal murder of Michael Griffith have now been rightly convicted. I hope that this will in some small way help his family and friends come to terms with their loss and my thoughts and those of my colleagues are with them at this time.

"The investigation into his death was difficult and complex.

"It was made even more so by the cold and calculated attempts of those responsible to destroy any available forensic evidence by means of fire.

"Michael was deliberately targeted by this ruthless gang of criminals for the contents of his life's work. They went to extraordinary lengths, they did research on the internet to locate him, they conducted reconnaissance on his home making a number of trips to Fernhurst, they also attempted to force their way in by purporting to be police officers on the day preceding his death. The issue for them was that they needed Michael to be present so that they could gain access to the contents of his safe.

"However, Michael was not easy to fool so they then had to adapt their plan by targeting his home whilst he was out and laying in wait for his return.

"He was then subjected to a prolonged and serious assault that ended in him losing his life. He was callously left tied up by those responsible, not caring if he was still alive or dead.

"The group then left Fernhurst and over the next 24 hours set about disposing and destroying any items that could link them to the scene, including clothing, mobile phones and even a motor vehicle used to transport them.

"They then plotted to return and destroy any remaining evidence by pouring petrol over the crime scene including Michael's body before setting fire to it.

"The investigation uncovered that members of this gang were responsible for a series of burglaries across Surrey and Sussex. A number of these burglaries were conducted in the months following Michael's death.

"Rarely have I witnessed such callous disregard for life. During the trial, absolutely no remorse was shown by any members of the group for their shocking behaviour and actions.

"I am very pleased with the substantial sentences that have been handed down today. Michael was a well-loved and popular figure in Fernhurst and his death has left a hole in the lives of his family, friends and neighbours. I hope that the verdict by this jury will give them some peace and a sense that justice has been done."

Sainsbury's is just the job for Ruth Godfrey

A LONG SERVING Sainsbury's staff member has been rewarded after chalking up 25 Years working for Sainsbury's.

Ruth Godfrey who works for the supermarket's Chichester store enjoyed an afternoon of celebration with colleagues and many gifts and cards from customer's as thanks for her efforts.

Ruth said: "I have enjoyed working at Sainsbury's Chichester and will miss all my customers, and will enjoy spending quality time with my family."

Ruth Godfrey has been working for Sainsbury's since 1 August 1988. Ruth has worked on the delicatessen counter for all these years and has made many friends who wish her a happy retirement.

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D DAY ANNIVERSARY AIR SHOW
IWM DUXFORD
SUNDAY 25 MAY 2014
£58 Adult/Senior Citizen & £42 Child
The D-Day Anniversary Air Show commemorates the 70th anniversary of this decisive military campaign, demonstrating the vital role that aerial warfare played in the invasion of Normandy.
The air show will feature fighter, bomber and transport aircraft types that would have been seen over the beaches of France, together with thrilling ground content, including a march past by Normandy veterans and serving personnel from the Parachute Regiment. This special D-Day anniversary air show is not to be missed.
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Nursery gets recycling

A CHICHESTER NURSERY has celebrated Climate Week by involving its children in the site's recycling in a bid to educate them about the importance of environmental issues.

Throughout the week the children at the Co-operative Childcare on Spitalfield Lane collected recyclable materials and were asked to identify and sort the different objects into appropriate piles, before helping staff to put them in to their respective bins.

The project was intended to create a fun way for the children to learn how to decipher recyclable materials from general waste.

Climate Week, which runs in March, is Britain's biggest climate change campaign.

The project forms part of The Co-operative Childcare's commitment to sustainability and educating young people about the importance of an environmentally friendly lifestyle.

Sharon Bowell, nursery manager at The Co-operative Childcare in Chichester said: "Getting the children involved with Climate Week was a really fun way of teaching them about the importance of recycling. It brought an understanding that we can all do something small to help combat climate change if we work together."

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Murray's in a hurry!

LEVEL 2 MOTORCYCLE STUDENT Murray Hambro has just completed his first season of racing in the Triumph Triple Challenge Racing series, riding his Triumph 675 in the British Superbike support race, and finished 28th out of 34 competitors. For someone who has had no previous racing experience, this is a good result at a National level but for someone who has lost both legs below the knee, this is a remarkable achievement!

Murray is a former Lance Corporal in the Second Royal Tank Regiment, whose tank was hit by a mine whilst serving in Afghanistan resulting in severe injuries and the loss of both legs from below the knee. He does not let his disability get in the way of his College course and expects to do everything that the rest of the group does, although he is the first person who does NOT have to wear safety shoes in the workshop.

He recently took delivery of his 2014 Triumph 675 for the forthcoming season and fellow students helped in preparing his bike, fitting the hand operated rear brake control and thumb gear-change system. An improved way of keeping Murray's left foot' on the footrest was also made using a strong magnet and a thin steel plate on his boot sole! You can follow how Murray is doing at www.trueheroesracing.co.uk.

Cabinet recommends that £4 million is invested to boost local business

CHICHESTER DISTRICT COUNCIL'S Cabinet is recommending that £4 million is invested into a new Enterprise Gateway, providing 90 offices, studios and workshops in a new purpose built development for local businesses.

It is forecast that the project, which would be based on Terminus Road in Chichester, could create around 275 new jobs every three years and contribute to an improvement in business survival rates. The project will now be discussed at Full Council on 20 May, where a final decision will be made. If given the go-ahead it is expected to be completed in Summer 2016.

If given the go-ahead, the project would offer new businesses flexibility on office arrangements with the ability to rent space for just two weeks. The aim is to help businesses get off to a good start and to have access to the support that they need to make their business successful. This will include working with local education providers and business support groups to offer support and business mentoring schemes.

The council's research shows that the area is in need of a new high quality development where new businesses can rent space. The aim is to work in partnership with other organisations in the development and operating stage.

Councillor Josef Ransley, Cabinet Member for Support Services at Chichester District Council, says: "If given the go-ahead by Full Council this dedicated, modern facility would enable businesses to grow and flourish, helping to create new, high quality jobs for local people.

"We want to encourage economic growth in the district and this project is a major part of the council's encouragement of local business development. It will give a real boost to businesses over the next few years which will be of real and lasting value in our area."

Ninety business units ranging from 100 to 750 sq ft would be offered, with some of the space offering flexible rental terms. The development will offer office, studio and workshop units, along with dedicated car parking on a 1.5 acre site.

CREST bronze award 2014

(L-R) six of the twenty students: Sam Dukes, Krutarth Bhatt, James Taylor, Adrian Ash, Callum Castle and Liam Cuningham

YEAR 9 students from Chichester High School for Boys had good reason to celebrate recently when 20 of them were awarded the CREST bronze award for their engineering projects.

The students successfully carried out the design and construction of an elastic band powered toy car, and competed against each other to see whose toy car travelled the furthest. Although more boys completed the project, the prestigious CREST award was gained only by the students who carried out the project in a particularly engineering focussed way.

The twenty students were all delighted with their success and are continuing their GCSE engineering studies with even more ambitious projects.

Get cracking for Wave 105 Cash for Kids

(L-R) Wave 105 drive time presenter Rick Jackson with John Gosling and Luke Haskell from TJ Waste, Andy Grice from Pickfords and Lesley Powell from Sainsbury's

Wave 105 Cash for Kids charity manager, Gloria Hill, said: "This is the fourth year of running our Easter Appeal and last year we were able to distribute more than 2,000 eggs to disadvantaged children. An Easter egg might not seem like much, but for a child who would otherwise not have had a treat at this time of year it can bring a huge smile to their face, and a little bit of joy. Hopefully with the help of our listeners we'll be able to deliver even more eggs this year.

"Huge thanks go to our 2014 sponsor TJ Waste and our supporters, Pickfords, FJB Hotels and Sainsbury's."

Wave 105 Cash for Kids have drop-off points at two Sainsbury's stores across West Sussex, once in Chichester and the other in Bognor Regis. For a full list of drop-off points across the south please click on the Easter Egg Appeal tab on the Wave 105 website www.wave105.com.

Drop off points: Sainsbury's Chichester and Bognor Regis

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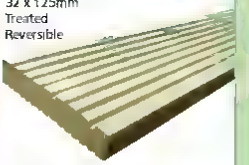

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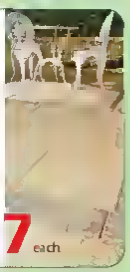

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Help at hand for households facing fuel poverty in West Sussex

WEST SUSSEX County Council is backing the national campaign to highlight the reality of those living in fuel poverty – and taking action to help households most in need.

Last Friday was Fuel Poverty Awareness Day, a national campaign to highlight the reality of those living in fuel poverty and raise awareness of the solutions available. The campaign is organised by fuel poverty charity, National Energy Action.

A fuel poor household is one that is living on a low income in a home which cannot be kept warm at a reasonable cost. It is estimated that more than 42,000 households are in fuel poverty in West Sussex and there are fears that this could increase with energy price rises predicted.

Through the Sussex Energy Saving Partnership, a West Sussex led group of Sussex local authorities, elderly and vulnerable residents and those facing fuel poverty can get help to reduce their energy bills and make their home a warmer, healthier place to live.

Residents who own their own home, or rent it from a private landlord, and are on certain income-related benefits, may qualify for funding towards a new boiler and insulation through a scheme called Home Heating Carbon Reduction Obligation (HHCRO) – part of the overarching Energy Companies Obligation (ECO).

Householders can discuss eligibility with our local, accredited installer, C Mitten Plumbing and Heating, who will carry out a free assessment to check the suitability of the home and heating system. They will also assess the level of funding available to each household.

Colin James, Head of Capital and Infrastructure at West Sussex County Council, said: "Through the Sussex Energy Saving Partnership, we are working with neighbouring local authorities and our delivery partner, Carillion Energy Services, to save energy and create warmer, healthier homes. All partners share a commitment to help those most in need and this boiler and insulation scheme is an excellent example of the help that is available now. I would urge residents who think they may be eligible to act now."

This is a time-limited offer and householders are encouraged to act now if they think they could be eligible.

Further information is available on the C Mitten Plumbing and Heating website, www.greendoorstore.co.uk or you can call 0800 599 90 89.

Brand new brochure to promote Midhurst

THE NEW Visit Midhurst Brochure for 2014/15 has just been launched and is now available throughout Midhurst. A further 25,000 copies will be distributed through attractions, hotels and B&B's and Tourist Information Centres in West Sussex, East Sussex, Surrey and Hampshire. There will also be some distribution aimed at Londoners who want a weekend in the country.

"We're delighted with the new brochure," said Philippa McCullough of Midhurst Tourism Partnership (MTP) – "It has a more contemporary feel, much more content and the bigger size allows the wonderful images of Midhurst town and our spectacular countryside to sell themselves."

MTP has put the brochure together with the support and collaboration of South Downs National Park, National Trust, Cowdray Estate and Midhurst Town Council. Much of the work has been undertaken by volunteers on the committee, but the group has used local businesses for the design and print which has helped engage the local community.

Within its pages readers can find out about the town and its history and discover what to do in and around Midhurst. There's also information about where to stay, where to eat and the retail experience in the town and even some tempting vouchers to use in local businesses.

"We're delighted with all the positive feedback we've received from sponsors and local businesses", said Philippa. "There's a lot going on in Midhurst at the moment with the new Grange Centre, new shops opening and the SDNPA basing their headquarters here. We really hope the new brochure will contribute to that momentum and we plan to build on it too. Next up is a re-design of visitmidhurst.com to improve the look and content as well as making it mobile-friendly. Then of course, it will be time to start on next year's brochure!"

For further information please email enquiries@visitmidhurst.com

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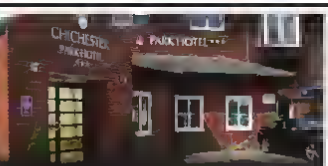

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20's Plenty for Chichester announce successful start of community speedwatch

20's PLENTY FOR CHICHESTER have announced a pleasing start to their community speedwatch campaign by taking to the streets.

This week they were situated on Whyke Road and Lavant Road in Chichester letting drivers know their speeds to raise awareness of '20's Plenty'.

Other streets will also be targeted over the following few days including Kingsham Road, Summersdale Road and Sherborne Road.

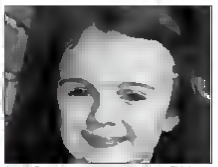
Sarah Sharp said: "We are delighted to be able to educate drivers about 20mph limits and to be working together with our PCSOs to bring about safer streets for all. Our experience today was very positive and drivers were keeping to the speed limits which is good news."

Risk assessments for our 20mph roads were finally completed last week but unfortunately Florence Road and College Lane have been excluded from the scheme due to the proximity to junctions and parked cars.

Teams of volunteers went out this week on Whyke Road and Lavant Road

Should you like to get involved in monitoring the speed on the city's streets, please contact Sarah Sharp on 07789 843556 or chichester@20splentyforus.org.uk or your local PCSO. To find your local PCSO (Police Community Support Officer) please log on at http://www.sussex.police.uk/help-centre/your-local-district/chichester.

BBC TV role for Abigail


Abigail Eames is set to appear on a new TV show

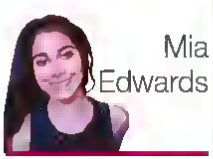
CHICHESTER schoolgirl Abigail Eames has landed a fabulous TV role in the new series of Harry Enfield's 'Harry & Paul'.

The 10-year-old is a student at The Theatre Workshop Stage School in Chichester where she has been attending classes for the past few years. The school is based at Bishop Luffa School on a Thursday evening. The Theatre Workshop provide classes in performing arts across East and West Sussex and are linked to a top children's agency.

Abigail will be playing a character called Fatima in 'Harry & Paul'. This is not the first time that Abigail will be in the spotlight. She has also had roles in Casualty, Lawless, The Tunnel and BBC's The Ark since joining The Theatre Workshop.

Abigail has also just been cast in BBC series 'The Interceptor', which will air on BBC1 this autumn.

If I Can't Play the Starring Role



My friends and I were talking the other day about how unreal the media portrays everything to be. This sounds so unoriginal when I write it down, but hear me out.

My friend was saying how weird it is that almost every gay character is a big deal in films and books, unless they're the 'best friend' character who's the fashionable gay friend of the lead female. Either that, or it's the tale of their battle with society and coming out.

It's the same for so many different things. Being half Sri Lankan I grew up thinking about colour a lot, but I wasn't insecure about it. That is until I realised that in all of the stories and shows that I loved, the main character was never dark skinned. That role was, again, generally left for the 'best friend'. Or, yet again, given to the main character as long as the story was centred around her colour and her racial struggles. Not good. It was only then that I properly even considered it.

The thing is, we can say that the media is getting more inclusive, but the main roles seem to always be so conventional. Real people are all so different, so how come the same kind of people always get the same parts? Tons of people who I know are far too interesting to be support roles. Being different is just a thing, and everyone is entitled to their own storyline without being defined by one characteristic.

The only reason, we decided, that it bothered us, was that it made us insecure about things we wouldn't otherwise have thought about. In chick flicks, the female protagonist is generally hot but not crazy hot, shy but not too shy, eats a lot but never gets fat, and is at a sort of standard level of career success. This sends out such a message, cool things happen to her, does that mean we shouldn't try to be successful? Should I dye my hair? Should I try to make myself more normal so that, like her, all these abnormal things can happen to me?

NOOOOO. Luckily things are changing. The Mindy Project was the start, for me. My friend read a book about someone whose brother was gay, but that was barely touched on in the book. But still, it's such a bummer. Luckily we have our own stories to live. Nooody else can be the lead characters in those.

Charity Spreads Happiness Worldwide

THE DIGITAL MEDIA STUDIO at the Aldingbourne Country Centre was delighted to learn that their latest music video had been seen worldwide by over 4,600 people on Youtube. 74 adults with learning disabilities, who attend the Aldingbourne Country Centre, danced their way through a video celebrating Pharrell Williams' latest single *Happy*. The idea came about through the United Nations' *International Day of Happiness* that featured 'happy' videos performed around the world on March 20, the success of this international day led to more views for the Aldingbourne version of *Happy*. Viewers from the United Kingdom and the United States made up most of the audience but people from as far as Japan, Thailand, the Bahamas and the Falkland Islands also tuned in to the Aldingbourne Youtube Channel with the help of social media.

The Digital Media Studio, based at the Aldingbourne Country Centre, is part of the West Sussex charity — the Aldingbourne Trust and supports adults with learning disabilities to use digital technology. Members learn camera skills, video and stills editing, digital art and online distribution using social media and video websites. The Studio makes documentaries and creative short films, runs an online newspaper featuring news and events from the Country Centre, produces and sells custom mugs and is currently working towards a new photographic exhibition.

To view the Aldingbourne *Happy* video and many more please look up the accidytalmedia channel on **Youtube** and see the other fantastic work they do on ACC Digital Media Studio on **Facebook**.

The Aldingbourne Trust supports adults with learning disabilities across West Sussex to live independently and have the same opportunities as everyone else. For more information about the Charity visit the website www.aldingbournetrust.co.uk or call 01243 544607.

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National News

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News in Brief

• Britain's command of military operations in Helmand province in Afghanistan has been formally handed over to a US general. It is the latest step in the UK's withdrawal of combat troops from the country, which is due to be completed by the end of this year. Forces remaining will be part of the US-led Regional Command (South West). A total of 448 UK military personnel have died in Afghanistan since the start of operations in October 2001.

• The number of overseas students taking up places at England's universities decreased by 4,595 in one year – the first fall in 29 years. International and EU student numbers fell from 311,800 in 2011-12 to 307,205 in 2012-13, the Higher Education Funding Council for England reports. Since April 2012, foreign students have faced stricter visa regulations. But the government stressed that there was no cap on the number of legitimate students who can study here.

• Wales could be the first part of the UK to ban the use of electronic cigarettes in enclosed public places. Ministers say they are responding to concern that the devices – which can contain nicotine – normalise smoking and undermine the smoking ban. A minimum alcohol price of 50p per unit is also proposed in a white paper of ideas for public health legislation. Health Minister Mark Drakeford said the aim was to address some of the nation's major public health challenges.

• Structural checks are to be carried out on schools across Edinburgh, after a 12-year-old girl died when a "free-standing wall" collapsed on her. The girl, named locally as Keane Wallis-Bennett, was fatally injured at Liberton High School on Tuesday. Scotland's First Minister Alex Salmond promised a rigorous investigation into the accident. The city council said it would survey all similar walls in its schools as a "precaution".

• House price growth is showing "tentative signs of moderation", according to the UK's second biggest mortgage lender Nationwide said house price inflation was slowing, on both a monthly and quarterly basis. However, when measured annually, price growth accelerated in March, with prices up 9.5% from a year earlier. Meanwhile, the gap between house prices in London and the rest of the UK has reached a record. Average values in the capital are now more than double those in the rest of the UK, at £302,990. The overall average house value in the UK now stands at £180,204.

Pollution levels rise

GOVERNMENT health advices have been issued amid warnings pollution spreading across England will again hit high levels later this week.

Defra issued the warnings after high pollution levels were recorded Tuesday.

The pollution is a mix of local and European emissions and dust from the Sahara – is forecast in parts of south England, the Midlands and East Anglia.

The elderly and those with lung or heart disease are urged to avoid strenuous exercise outside.

Defra has a 10-point scale for measuring air quality – with 1 meaning there is a "low" risk of air pollution and 10 warning of "very high" levels.

On Wednesday morning levels were recorded at 5 – meaning moderate – in the South East, north east England and East Anglia.

However, forecasters say pollution levels could reach 8 or 9 by the end of the week.

The BBC weather centre said the highest recordings are likely to be in East Anglia and the East Midlands, while moderate to high air pollution levels are also forecast for large parts of southern and central England.

In parts of Wales, areas around Wirral and Merseyside, as well as Devon, levels are likely to be moderate.

It comes as pollution levels hit the maximum of 10 in north west Norfolk on Tuesday.

Andrew Sibley, specialist forecaster for the Met Office, said: "Conditions are going to get worse again as we go through Wednesday and the rest of the week."

He said that a south easterly wind would bring with it yet more pollution from Europe, and further compound the situation in the UK.

Mr Sibley said that dust and sand particles from the Saharan desert could easily get swept up by high winds and carried thousands of miles across the globe.

"The dust gets caught by rain particles and that's how it ends up being visible on the ground," he said.

Pay by mobile

BANK CUSTOMERS will be able to make payments via mobile numbers from 29 April, the Payments Council has announced.

Customers will also be able to register for the new Paym service – pronounced "Pay Em" – from Wednesday 2 April.

The system means that anyone wanting to make a payment no longer has to ask for a bank account number and sort code.

Providing both parties are registered, the payment can be made via a mobile phone number.

Customers of the following banks can now register to link their mobile number with their bank account: Bank of Scotland, Barclays, Cumberland Building Society, Halifax, HSBC, Lloyds, Santander and TSB.

Neil Aitken, from the Payments Council, told BBC Radio 5 live that the system was secure.

"The only thing that people would be able to do if they got your mobile number is pay you – it will be integrated in to your existing banking app so it's password protected," he said.

Other banks – including NatWest, RBS and First Direct – will join the scheme later in the year.

Those wishing to make payments via mobile phone numbers will still need to use their banking apps, which require customers to log on to their accounts.

Account-holders will need to visit their own bank's website for more details.

Similar systems have already been introduced by Barclays and RBS NatWest.

Actor suspended by Eastenders

Ricky Norwood has been suspended from the show

EASTENDERS actor Ricky Norwood has been suspended from the soap for two months after reports he was shown smoking cannabis in an online video.

The clip, which was apparently recorded during a Skype conversation, is also thought to show him exposing himself.

The actor has played Arthur 'Fatboy' Chubb in the BBC One show since 2010.

Ricky Norwood has been suspended from the show for a period of two months with immediate effect," said an EastEnders spokeswoman.

Ricky Norwood starred on the 2013 Christmas special of Strictly Come Dancing.

She added: "In addition, Ricky would like to apologise to EastEnders' viewers for any offence caused and for bringing the show into disrepute."

The 28-year-old studied dance at performance arts school before he decided to take up acting.

Now a full time cast member in EastEnders, Norwood first appeared in the soap's online spin off E20.

In 2010, he won a National Television Award for best newcomer after joining EastEnders earlier that year.

His latest storyline has seen him comforting Dot Cotton, who is played by June Brown, following the death of her son Nick Cotton.

Appointment of Deputy Lieutenants by the Lord-Lieutenant of West Sussex

THE LORD-LIEUTENANT of West Sussex, Mrs Susan Pyper, has this week appointed the following people to serve as Deputy Lieutenants for the County of West Sussex:

Rear Admiral John Lippiett, CB, CBE, from Bosham, is a former senior Royal Navy officer who became Commandant of the Joint Services Command and Staff College. He joined the Royal Navy in 1967. He served in the Falklands War, was appointed Captain of the frigates HMS Amazon and HMS Norfolk. He went on to be Chief of Staff for the surface flotilla in 1993, Commodore at the School of Maritime Operations in 1995 and Flag Office Sea Training in 1997. After that he became Chief of Staff to the Commander of Allied Naval Forces Southern Europe in 1999 and Commandant of the Joint Services Command and Staff College in 2002, before taking early retirement in 2003 to become Chief Executive of the Mary Rose Trust. For the last 11 years he has led the project to save King Henry VIII's flagship, the Mary Rose, together with her artefacts. A new museum opened in 2013, the culmination of a £35m project.

Additionally, he is the Vice President (Navy) of the Combined Cadet Force, Patron of the Nautical Training Corps, and President of the Ton Class Association. Beyond the naval sphere, he is a Trustee of the Royal Mint Museum and formerly of the Naval Review, and is a governor of Bedales School.

Married to Jenny, the couple have three adult children.

Mr Colin Field, JP, from West Hoathly, is a former High Sheriff of West Sussex. He is currently Chairman of CPJ Field, a funeral business focussed on South East England, which now operates in 40 locations. Heavily involved in local voluntary activities, Mr Field is Chairman of West Sussex County Scout Council and County Executive, Chairman, The Queen Alexandra Hospital Home, Worthing and Vice President of West Hoathly Cricket Club. Previously he was Chairman of the Shoreham Lifeboat Appeal and is a former Governor of Hurstpierpoint College and Fellow of the Woodard Corporation.

Married to Christine, a County Councillor, the couple have three adult children.

Mrs Caroline Nicholls, from Worthing, is the director of a grant-making charity, LHR Airport Communities Trust, having previously been Communications Director and board member of BAA Gatwick. She has run her own Communications consultancy, working with organisations such as Action in Rural Sussex, as well as been a Board Member of the former Sussex Downs Conservation Board, supporting the development of a new communications strategy in the build up to National Park status.

As a founder Trustee and Vice Chairman, she has also been involved with the Sussex Community Foundation, and supported the launch of a fund for Adur & Worthing, in conjunction with the Worthing & Adur Chamber of Commerce.

A former Ladies Captain of Worthing Golf Club, she is married to David, who has two adult children.

Deputy Lieutenants are appointed by the Lord-Lieutenant at her discretion, subject only to Her Majesty The Queen not disapproving of the granting of the commission. Appointment to the office of Deputy Lieutenant is in recognition of distinguished service to the community, predominantly in a voluntary capacity, or to the country or county. There are currently 40 Deputy Lieutenants geographically spread over the county. Although military in origin, the post no longer has any military significance, but every Deputy Lieutenant undertakes to assist the Lord-Lieutenant in the performance of any duties that may be laid upon him or her. This can include representing the Lord Lieutenant at formal functions, award ceremonies, citizenship ceremonies or attending Remembrance Day services.

Photo of the week

#Chichesterphoto

Editor Dean Adams took this photo whilst walking along North Sreet in Chichester on Saturday

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Murrays

Chichester Herald in partne[illegible] fabulous meal for two people [illegible]

The Chichester Herald [illegible] competition sponsored by Mu[illegible] every week where you [illegible]

So you chance to w[illegible] please answer the follow[illegible]

Can you guess where this picture was taken within the Chichester area?

For your chance to win this weeks competition, email your answer, name, address and contact number to **news@theshiphotel.net**

North Street, Chichester, West Sussex, PO19 1NH
Tel: +44 (0)1243 778000 Email: enquiries@theshiphotel.net

Entries close on Wednesday 9 April 2014 at midday. The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu. There is no cash alternative. A winner will be announced by Murrays every Wednesday. Entry details may be kept on file. Last week's answer was: Fontwell Park Racecourse.

Chichester Business

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Local Charity glamorous night at HQ Hair

The team from HQ Hair (Photos by Graham Franks)

HQ HAIR, Eastgate Square, Chichester, had a Girls Night In event in aid of Crossroads Care South Central, a local care provider who support carers and the people they care for. Guests enjoyed bubbly and nibbles as they were treated to a professional workshop on how to style and look after hair. Heated rollers, straighteners, crimpers and countless grips assisted in creating the hair make overs. Amongst the guests were the Mayoress of Chichester City, Cherry Hughes and the UK Ambassadors for Carers Mrs Kate Keays.

Co owner of the salon, Diane Lyndon-Smith said. "This is the third year we have run such an event and our customers have shown their support by attending and buying raffle tickets. Local businesses and our suppliers have been very generous in donating prizes. Crossroads Care South Central are Sainsbury's Littlehampton community charity of the year and they have further assisted in providing the food and drink for the evening. Our staff have been passionate about the charity and are interested in the number of carers who are our customers too. They now have a better understanding of the important role carers play in the community. Having your hair done is a real treat and we love to make our customers feel special. This night brings together girls to enjoy an informal hair education session to help them look their best. We are thrilled to have the support of the Mayoress of Chichester for our Girls Night In tonight. Her hair looked stunning. We raised over £600 which will go towards giving carers and their loved ones much needed time out."

Lucy Knowles, Shaun Lyndon, Mayoress of Chichester City, Diane Lyndon – Smith

Herald Recruitment

Chichester Herald provides businesses with an unrivalled, targeted and cost effective advertising solution across the City with a newspaper readership of 83,000.

The newspaper is available for self-selected pick up across the city of Chichester and surrounding areas in a wide variety of locations every Friday.

We also deliver thousands of newspapers to homes across the area every week.

As well as this, over 1000 businesses in our area will also get at least one newspaper delivered to them whether they are in the City Centre, a town or village, an industrial business park or a lone café on a country road.

We have 422 newspaper stands across the district which is located as far north as Midhurst, south to Selsey, the Witterings and Pagham, east to Arundel and west to Bosham.

What better way to advertise your vacancy to thousands of people starting from £25 + vat per week.

To advertise here **call 01243 200999 or email advertising@chichesterherald.co.uk**

THE BLACKSMITHS

Sous Chef

Salary £20,000

We are looking for a passionate, dedicated and driven Sous Chef to join the team at our new pub in Chichester.

You will need to have proven experience as a Sous Chef or Commis Chef and have the necessary skills to assist the head chef with the day to day running of the kitchen and work well under pressure.

Please send your CV to

Toby Thornton at info@the-blacksmiths.co.uk or call 01243 641247

LICENSING APPLICATION

LICENSING ACT 2003

Notice of application for the grant of a Premises Licence

NOTICE IS HEREBY GIVEN that an application has been made to the Licensing Authority of Chichester District Council for the grant of a Premises Licence under Section 17 of the Licensing Act 2003.

Details of the applicat on are as follows:

Name of Applicant: Manuka Wholefoods Ltd

Postal address of premises:

6, The Boardwalk, Northgate, Chichester, West Sussex, PO19 1AR

Brief description of application:

Retail sale of alcohol – Sunday 10:00hr to 16:00hr and Monday to Friday 08:00 to 20:00hr. On licence facilty restricted to one per calendar month with advanced notificat on to the Chichester District Council and Sussex Police. Alcohol shall not be removed from the premises n open vessels.

A copy of the statutory register may be inspected during normal office hours at the address shown below.

Any Responsible Authority or interested party wishing to make representations on this matter must submit those representations in writing to the Principal Licensing Officer, Commercial and Public Safety Team, Env ronmental Health Serv ces, Chichester District Council, East Pallant House, East Pallant, Chichester, West Sussex, PO19 1TY or by e-mail to licensingact@chichester.gov.uk by no later than the 22nd April 2014.

Any respresentations will be not fied to the applicant and will be considered by the Licensing Authority.

Please note that it is an offence to knowingly or recklessly make a false statement in connection with an application and on summary conviction for the offence a person is liable to a fine not exceed ng level five on the standard scale (currently £5,000).

Goodwood launches most important new historic motor sport event for 15 years

Formula 1 turbo demo - McLaren MP4-2

GOODWOOD ROAD RACING CLUB'S hotly-anticipated 72nd Members' Meeting caused a sensation as its inaugural running took place in front of a highly-enthusiastic crowd on March 29-30.

The most important new historic motor sport event in over 25 years featured more than 400 iconic racing and rally cars going wheel-to-wheel and several high-profile celebrity appearances as the four Houses of Goodwood fought tooth-and-nail for the Goodwood House Trophy.

With intense on track action backed up by off track challenges all counting for House points – including traditional school sports day-style events, cocktail mixing, a tug-of war and even welly wanging – the atmosphere of the event evoked the spirit of good-natured competition that is central to all Goodwood events.

An all-star line-up of cars included a high-speed parade of turbocharged Formula 1 machinery – featuring several ex-Ayrton Senna Lotuses and Tolemans – a glorious display of iconic Le Mans 24 Hours racers, the world's largest Bugatti only race and the first race to ever feature 1980s cars at Goodwood – The Gerry Marshall Trophy – ensured a great weekend for all.

Among the star names visiting the event were Formula 1 legend Sir Stirling Moss, who was an avid spectator, DJ Chris Evans, Olympic cycling hero Sir Chris Hoy, international model David Gandy and celebrity chef James Martin – who raced his 1963 Morris Mini Cooper S in the Sears Trophy for production saloons on Sunday.

The event also featured spectacular Saturday night festivities, featuring a host of entertainment in The Great Hall, live music, circus acts, theatre and a steam fair – all finished off with the largest fireworks display ever witnessed at Goodwood.

Lord March said: "What a fantastic way to kick off this new event. The sensational selection of cars and drivers is just about the most diverse we've ever had at Goodwood Motor Circuit. From some of the most beautiful 1960s sportscars ever designed to the quite incredible noise of the turbo Formula 1 machines – And all in an intimate environment that allowed everyone to become a part of it themselves. Our challenge now is to make the 73rd Members' Meeting even better!"

Race time begins

Spectators enjoy the funfair in the evening

Celebrity chef James Martin chats with TV presenter Chris Evans

Arts & Entertainment

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Now showing at Cineworld Chichester

Deeply strange and genuinely haunting

Under The Skin (15)
Running time: 107 mins
Director: Jonathan Glazer
Starring: Scarlett Johansson, Jeremy McWilliams, Paul Brannigan, Joe Szula, Scott Dymond, Michael Moreland

★★★★★

Extraordinary sci fi thriller, at once haunting, hypnotic and deeply disturbing, thanks to stunning cinematography, a chilling soundtrack and an instantly iconic performance from Scarlett Johansson that is nothing less than astonishing

What's it all about?

Written and directed by Jonathan Glazer, Under the Skin is adapted from the novel by Michael Faber and stars Scarlett Johnasson as an unnamed alien entity who falls to earth in Scotland and takes on the form of beautiful woman. Dressed in a fur coat with messy jet-black hair and blood red lipstick, she cruises the streets of Glasgow in a white van, seducing men who approach her window and luring them to their deaths, once they accept her invitation they find themselves naked and aroused in a black room, where they sink into a dark liquid mass and disappear when they try to follow her. However, there are signs that the alien is becoming more and more affected by her encounters and perhaps gaining a measure of human empathy, as evidenced in her treatment of a sweet natured man with an Elephant Man like deformity. After breaking from her pattern in a way she doesn't appear to understand, she sets out to explore more of the world, but finds it an increasingly dangerous place

The Good

Johansson delivers a career best performance as the alien seductress - with her cool, blank expression and air of chilling detachment, she is nothing less than astonishing (even the middle-class London accent she adopts is excellent). It's an extraordinary piece of work, haunting, entrancing and utterly convincing - she's even more alien than David Bowie, in The Man Who Fell To Earth, her nearest cinematic equivalent (well, next to Natasha Henstridge in Species)

Glazer's script removes some of the context from the novel, leaving the alien's motivations all the more frightening for being deliberately unexplained. Similarly, the relative lack of dialogue leaves the audience clinging to every flicker of movement on Johansson's face as a clue to what might be going on, a disorienting experience that is deeply strange and unsettling, most notably in a scene shot on the beach with the alien blankly ignoring the cries of a baby whose parent has been swept out to sea after trying to rescue a dog.

The Great

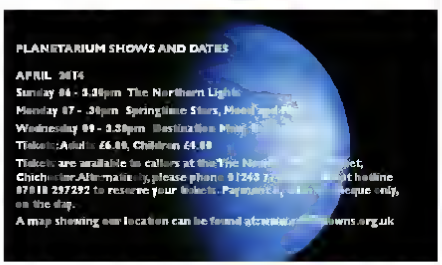
Glazer's direction is assured throughout, aided by Daniel Landin's gorgeous cinematography and a suitably chilling score by Mica Levi. There are also a number of inspired touches, such as filming the van scenes in Glasgow using a hidden camera, with the people approaching the alien's window unaware that they are being filmed, the same approach is used in the scene where the alien trips and falls in a crowded street and is then perplexed by the human reaction as people help her to her feet

Worth seeing?

Beautifully made and featuring a career best performance from Johansson, Under the Skin is a deeply strange and genuinely haunting film that will stay with you long after you leave the cinema. Unmissable and one of the best films of the year.

Sky Diary April 2014

By Peter Littlejohn


PLANETARIUM SHOWS AND DATES
APRIL 2014
Sunday 06 - 3.30pm The Northern Lights
Monday 07 - .30pm Springtime Stars, Moon and
Wednesday 09 - 3.30pm Destination Mars
Tickets: Adults £6.00, Children £4.00
Tickets are available to callers at the The Nort et, Chichester. Alternatively, please phone 01243 7 t hotline 07811 297292 to reserve your tickets. Payment c eque only, on the day.
A map showing our location can be found at:www. owns.org.uk

Venus shines like a lantern, rising around 05:00 near the E horizon and close to the Moon on the 25 April.

In the evening Mars now appears in the SE in the constellation of Virgo, being at its closest to the Earth in the second week of April at a mere 92 million km distance. It is about half the size of the Earth and is a distinct pale red colour. It has two moons called Phobos and Deimos which are thought to be captured asteroids as neither is spherical in shape. They are approximately 22 and 12km diameter respectively, the latter sporting a large crater which must have nearly destroyed it at the time of impact.

Between the orbits of Mars and Jupiter lies the Asteroid Belt, comprising billions of chunks of various sizes of rock from pebbles to several hundred kilometers diameter. Two of the larger ones, Vesta and Ceres, can be seen in Virgo (near Mars) and can be tracked with good binoculars over several nights against the background stars.

Jupiter is still a very bright evening object high in the S in Gemini setting after 02:00.

Saturn is now rising after 21:30 in Libra and good binoculars held still will reveal its lovely ring system which is 'wide open' at present.

The main Meteor shower this month diverges from Lyra in the NE. The meteors are small particles left over from when the Earth went through the tail of Comet Thatcher. They are fairly bright and best seen before the Moon rises.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q. **Which female superhero does Scarlett Johansson portray in Captain America: The Winter Soldier?**

A. WONDER WOMAN
B. BLACK WIDOW
C. CATWOMAN

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 8th April 2014 at midday. The winner will be notified later on that day. Last weeks winner was L Wilkins from Bracklesham Bay. Chichester Herald competition terms and conditions apply.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester PO19 8EL
0871 200 2000

Horrors of modern-day slavery showcased at Chichester film festival

A FILM festival about slavery is to be screened in Chichester next week.

A trilogy of short movies showcasing the horrors of modern-day trafficking across the UK – including West Sussex – is being shown at New Park cinema on Tuesday 8 April.

The festival, organised by anti-human trafficking charity Unchosen, will feature My Name is Georgina, which was shot entirely in Chichester.

The film, created by students and staff from the University, follows a young African girl brought to England under false pretences before becoming a slave.

Writer and director Michael Holley, a senior lecturer at the institution's media department, said: "I am delighted that Chichester will get a chance to see it, as we had a lot of support and good will throughout the filming last June.

"The production utilised some of the city's most visual locations including the Hallaker Windmill as well as Priory Park.

My Name is Georgina, which was shot entirely in Chichester

"This is also an opportunity for Unchosen and the University to provide a forum for discussion on the issues surrounding human trafficking and how we must work together to eradicate such an awful industry."

The festival, which starts at 7pm, will also feature the films Let's talk about sex, about a women forced into sexual exploitation, as well as The Trip, which follows a teenager smuggled into the UK to work in a cannabis factory.

It will be followed by a panel discussion on trafficking issues in and around Chichester.

Tickets, which are free, can be booked in advance from New Park cinema.

To find out more go to www.chichestercinema.org or visit New Park Road, Chichester, PO19 7XY.

Alternatively for more on the Unchosen charity, or to watch a preview of the three movies, go to www.unchosen.org.uk.

Calling all local history enthusiasts

FIND OUT more about the past of one Chichester's historic buildings by taking a behind-the-scenes tour of Edes House in April.

The venue is throwing open its doors on Sunday, April 27, inviting visitors to join one of a number of tours taking place throughout 2014.

The 90-minute tours will enable visitors to find out more about the history of Edes House, which was built in 1696 for local maltster John Edes and his wife Hannah.

They will also find out more about John Edes and the heritage of Chichester itself.

Tickets cost £9.95 per person and include light refreshments on arrival. Doors open at 1.30pm, with the tour scheduled to start at 2pm.

To book, please email edeshouse@westsussex.gov.uk or call 01243 777265.

Edes House is located along West Street, Chichester – in front of County Hall.

For more information about Edes House, please visit www.westsussex.gov.uk/edeshouse

What's On in your local area...

• THE creators of the comic Doctor Who soundtrack are to reform for a one-off performance at the University of Chichester next month. British electronic group the Radiophonic Workshop will be playing songs from their original repertoire at a day long event on Friday 11 April. The pioneering quintet, were the original sound effects unit for the BBC during the 1950s will also be talking about their half century of music with the audience. The group, who were home to engineers and musical innovators used handmade synths oscillators and tape loops to create tracks for television and radios most iconic programs including Horizon The Hitchhiker's Guide to the Galaxy, and Newsround. However its members are best known for creating the title track for hit BBC show Doctor Who as well as its TARDIS sound effect, which is still used in the re launched series. The day long event, which runs from 10am until 11.30pm is being held at the institution's Bishop Otter campus in Chichester. To find out more about the event, including how to book tickets, visit www.radiophonicworkshop2014.co.uk.

• On Sunday 20 April Chichester Model Engineers are holding their first Steam on Sunday of the summer season at their site in Blackberry Lane Chichester PO19 2FS between 2.00 and 5.00. Admission & free tickets for train rides with miniature steam or diesel locomotives are only £1 each. The popular 'Drive A Train Yourself' model railway 'Blackberry Junction' will be in a new home and the outdoor 'Garden Railway' will be running some newly built model trains. Light refreshments will be available. For further information please see our website www.cdsme.co.uk

• Concorde is a social club which provides friendship and companionship for single people. It is not a dating club but any members who form relationships or marry remain members.
It meets every Tuesday at the Walnut Tree Runcton and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglesocialclub.org.uk or phone 01243 575083 or 01243 604715.

• CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental.
We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving, PO20 2BP.
More details from Andrew@andrewperry.plus.com or 01243 776391.

• Chichester Art Society has a series of five workshops in April and May to help you Be A More Creative Artist. They will be tutored by one of the Society's talented members Shân Harnes and are designed to show you various techniques and approaches to enliven your work and take it in new directions. They run from 1.30pm to 4.30pm on Tuesdays April 1st, 8th 15th 29th and May 6th at Bassil Shoppam Centre (parking and easy access) and are open to non-members at £30 each or £115 for all five (to include refreshments). For further information and to book a place contact the secretary on 01243 602360 or email joan.campbell@zen.co.uk.

• Monthly meetings carried out partially in Welsh, rest in English all levels of Welsh welcome meetings in members houses- contact Geoffrey on 07968 215 256 or gbthompson@btinternet.com.

• The tenth annual Fishbourne Flat Five will take place on Sunday 1 June. This hugely popular event will as ever be a 5 mile run/walk following the traditional course around the harbour. We will meet at the Fishbourne Centre at 09.45am with the event starting at 10.00am. This event is aimed at competitive runners and first timers as well as individuals or groups who enjoy walking round the harbour.
This year we are delighted to announce that money will be raised for Fishbourne Primary School. They are raising funds to replace the existing old and worn-out staging with a modular staging system which would allow the school to create anything from a flat staged area for a nativity play to a multi tiered stage for a musical performance. It would be absolutely fantastic if we could have lots of local walkers and runners to support this excellent project which will be benefit all the children who attend the school.
Entry forms and further details will shortly be available from the website www.fishbournefiatfive.co.uk or at Fishbourne Primary School, the Fishbourne Centre, Becket Lou and the Westgate Centre or please contact Su Leeming on 01243 774311.

If you would like a non-profit or profit to charity event listed, then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and it is not always possible to guarantee that Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

FOLLOW US ON TWITTER
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Seven-a-day fruit and veg 'saves lives'

EATING seven or more portions of fruit and vegetables a day is healthier than the minimum five currently recommended and would prolong lives, experts say.

A study of 65,226 men and women indicated the more fruit and vegetables people ate, the less likely they were to die at any given age.

Seven a day cut the risk of dying from cancer and heart disease.

But the government says its "five-a-day" advice is sufficient and that many of us struggle to achieve even this.

Experts said other lifestyle factors, such as not smoking or drinking excessively, may have accounted for the drop in mortality, not just fruit and veg consumption, although the study authors said they had tried to account for this.

The University College London researchers used the National Health Survey, which collects data from people in England each year through questionnaires and nurse visits, to look at diet and lifestyle.

They analysed data between 2001 and 2008, which provided a snapshot rather than people's continuing dietary habits.

The study looked at general mortality as well as death from cancer, heart disease and stroke, and found risk of premature death from any cause decreased as fruit and veg consumption increased.

Risk of death by any cause over the course of the study was reduced by 42% for seven or more (up to around 10 portions a day).

Fresh vegetables had the strongest protective effect, followed by salad and then fruit.

Fruit juice conferred no benefit, while canned fruit appeared to increase the risk of death, possibly because it is stored in sugary syrup, say the researchers.

Lead investigator Dr Oyinlola Oyebode said: "The clear message here is that the more fruit and vegetables you eat, the less likely you are to die at any age."

She said the size of the effect was "staggering", but added that eating a few portions a day was still better than nothing.

You can read our health columnist Denise Kelly's thoughts on page 24 @DKNutrition

Let us know what you think @Chiherald

'Heavyweight ad campaigns' help UK soft drinks sales top £10bn for first time

A SLEW of "heavyweight" promotions and advertising campaigns designed to reassure price conscious shoppers they were getting value for money helped boost UK soft drinks sales past the £10bn mark for the first time in 2013.

Soft drinks sales topped £10bn in 2013, according to the latest Britvic Soft drinks Review.

Soft drinks sales grew 2 per cent to £10bn last year, according to the annual Britvic Soft Drinks Review, which is compiled using Nielsen and CGA Strategy market data. Sales were buoyed by pleasant summer weather, the demand for value for money, brands, premium products and healthier propositions, Britvic says.

The report also suggests a combination of new product development such as Vimto and J2O launching new 250ml formats and promotions offering value to the increasingly 'savvy shopper' helped keep soft drinks brands front of mind, boosting sales as a result in 2013.

Cola remained the grocery category's top performer, with value sales rising 2.7 per cent to £1.6bn. Pepsi Max and Coke Zero saw a particularly strong rise in sales, which the report credits to high profile marketing campaigns and the nation's increased focus on healthier options.

Coca-Cola brands grew sales by 3.4 per cent to £1.19bn, outperforming Pepsi brands, which registered a 2.7 per cent increase in sales to £362m. The rise in Coke sales is likely in part due to its high profile summer "Share a Coke" promotion, which the company saw so successful it is currently repeating around the globe.

UK cola brands invested heavily in campaigns to drive awareness of their low sugar options last year, spurred by many new suppliers signing up and continuing their support of the Government's Public Health Responsibility Deal. Coca-Cola, for example, launched a major anti-obesity push, while PepsiCo continued its advertising investment to support its low sugar Pepsi Max brand.

Elsewhere, glucose and energy drinks grew ahead of the total category, with a 7per cent increase in value sales in the convenience sector. Britvic says the rise can be attributed to the nation "leading increasingly busy lives". Within the sector Red Bull outperformed closest competitor Lucozade with sales rising 7 per cent to £252m, although the latter brand remained the best seller with a 32 per cent share of the category.

In the leisure sector, value sales remained static at £2.8bn, although volume sales dipped slightly. Food-focused outlets dominated the total market, with sales growing 4 per cent in value and reaching more than £2bn, which Britvic says was lifted by the growing casual dining trend.

Paul Graham, Britvic general manager, says "Shaped by multiple consumer trends, such as value, premiumisation, health and convenience, we have seen a wealth of innovation hit the market, all of which has helped to keep the sector relevant and exciting amongst a diverse audience. This combined with an unpredicted summer of sunshine it's unsurprising for the first time the category topped the £10bn mark. We are confident that this successful performance and the continued evolution of the category is paving the way for a positive and exciting future."

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Get rid of all that processed junk and start caring!

Denise Kelly

Naturopathic Nutritional Therapist

This week the government has been giving out new fruit and vegetable advice.

Ever since I wrote my "Fit Kidz" program for healthy eating, I have been harping on about eating at least 10 portions of fruit and vegetables per day, and now finally the government health experts are catching up. Yipee!! Its music to my ears to hear the experts say eating a range of fruit and veg is best, as part of a balanced diet, to protect against illness.

Research now suggests eating at least seven portions of fruit and vegetables a day is more effective at preventing disease than the government's current five-a-day recommendation. Well, it's not quite 10 portions, but give it another couple of years. The advice of '5 a day' is based on World Health Organization guidelines, which are 25 years old. The food pyramid that we all got taught about at school is also out of date and out of shape! We really need to move with the times, and pay attention to all the research that is available to us right now.

I read in a newspaper last week "Dietitians say eating five a day is enough to get the protective benefits of fruit and veg although eating more may be additionally beneficial". Yes! Yes! Yes! Eating more could potentially save your life! Get rid of all that processed packaged junk and start caring about what feeds every single cell in your body. That's how you help to maintain a healthy body and mind long into old age.

What counts as a portion?

For an adult, a minimum of 600g of fruit and veg should be eaten every day, or seven portions of 80g. The amount varies for children, based on activity levels and age, but a rough guide is that one portion should fit in the palm of their hand. Fruit and vegetables do not have to be eaten on their own and can be cooked in dishes such as soups, stews or pasta meals. To get the most benefit your 7/10 portions should include a variety of fruit and vegetables because different fruits and vegetables contain different combinations of nutrients and vitamins. However generally, raw vegetables and fruit will contain the most nutrients because cooking can remove some nutrients. Likewise, fresh fruit and vegetables are thought to be more nutrient dense than preserved ones. But frozen fruit and vegetables are still good, and dried fruit, such as currants, dates, sultanas and figs.

Do tinned fruit and fruit juice count?

According to the government "Yes", according to me 'No'! Mostly in my finding, tinned fruit has added sugar, salt or syrup. Fruit juice in cartons bought in our supermarkets are pasteurized to make them last for longer, and as you know anything that is heated loses its vitamin and mineral content. Beans and pulses do count, but again only as one portion as they contain fewer nutrients than other fruits and vegetables.

So, make sure you are getting enough, concentrating on vegetables more than fruit.

What do other countries recommend?

Many countries including German the Netherlands and New Zealand recommend five portions a day.

Some others including Canada and Japan recommend seven or more.

France goes as far as recommending 10 portions of fruit and vegetables a day.

In Australia, they say the emphasis should be on eating more vegetables than fruit and recommend five portions of vegetables and two of fruit per day.

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three clinics in West Sussex. She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her www.denisehelly.co.uk Info@denisehelly.co.uk @DkNutrition 07730671436

Harmony Acutherapy Clinic

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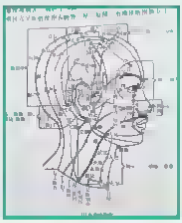
Suffering from Migraines? Help is at hand

Chinese medicine & acupuncture - a natural way to approach migraine

In Traditional Chinese medicine's philosophy, no stagnation (blockage), no pain. Using Chinese medicine &acupuncture, the stagnation can be removed, and the blood circulation in the head can be regulated. The body as a whole system can be balanced at the same time. So the treatment can release the symptom as well as to prevent it from happening. For people who are feared of needles, acupressure can be applied instead.



Dr FengWang is an associate of the ATCM (Association of Traditional Chinese Medicine and Acupuncture UK). He has been practising his profession over 18 years and has his own clinic in Chichester town centre.

Dr Feng Wang has been practising acupuncture and allied holistic therapies in London, Portmouth and Chichester for over 5 years. Prior to this having obtained his degree in Chengdu University of traditional Chinese medicine he had practised acupuncture and medical herbalism in China for 12 years.

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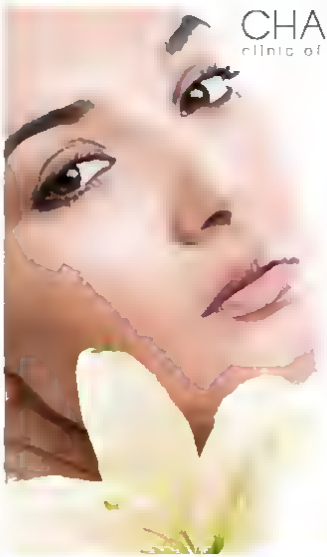
So, why would anyone choose to have semi-permanent make-up?



DENISE KELLY went along to meet Naomi O'Hara, permanent cosmetic consultant at the Changes Clinic, Portsmouth

If you have ever thought about having semi-permanent make-up then Naomi O Hara is the person I would recommend. Every bit of work I have seen Naomi do is natural and fresh looking and her artistic flair shines through. With this type of treatment you must trust your technician 100% and Naomi oozes confidence and professionalism.

Attending the academy of Nouveau contour in 2005, Naomi was trained by Karen Betts, the elite technician and founder of the Nouveau Beauty group. Naomi is now a trainer herself and holds clinics around the south of England for Semi-permanent make-up medical tattooing and non-laser tattoo removal procedures.

So, why would anyone choose to have semi-permanent make up?

Imagine never having to pencil in your brows again, by having natural hair stroke contours that last up to four years. Some people find that as they get older their lips seem pale and thin. Lip liner can be drawn on very easily without the lipstick bleeding people sometimes get. Subtle colours can be used to give the illusion of more fullness. You can still wear lipstick over the top if you choose, but the majority of people love the naked feel!

Eyes look wider and colour enhanced with lash enhancement and eyeliners. This gives a fresh, younger appearance as soon as you wake up, which is just amazing and time free!

A numbing cream is used on the area of choice and the processes are all very quick and relatively pain free. Naomi has this wonderful ability of putting all her clients at ease and the results are always totally stunning.

Or, if you have an unwanted tattoo she can use Rejuvi into the unwanted artwork. The ink in the tattoo is attracted to the rejuvi. This creates something too large for the skin and is therefore pushed out. A crust forms and must be kept dry for seven days after the treatment. As the crust falls away it removes some of the ink in the tattoo. This can be used to remove all sizes of tattoos and is a safe and effective way of removing all colours of unwanted ink.

Prices are as follows:

Brows	
Natural hair stroke brows	£395.00
Powdered Brows	£345.00
Scars in brows	from £100
Eyes Top and Bottom	
Lash Enhancement line	£345
Eye Liner	£395.00
Eye Liner Latino	£450.00
Shaded Eyeliner	£495.00
Lips	
Lip Liner	£350.00
Lip Blush	£450.00
Full Lip Colour	£695.00
Beauty spots	£75.00
Medical Tattooing	
Breast Areole Nipple	from £395.00

To chat with Naomi or book your free consultation call 07904 906659 or reach her at the Portsmouth Changes Clinic at Building 1000 Lakeside North Harbour, Western Rd, Portsmouth, Hampshire PO6 2EN Tel 023 9230 2000

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Brooklyn Beckham makes modelling debut

The 15-year-old has appeared on the cover of Man About Town magazine in a pose reminiscent of his fashion icon father, David Beckham

The pictures were taken by "friend of the family," photographer Alasdair McLellan, who shot fashion designer Victoria Beckham for UK Vogue and the former England football star for Fantastic Man.

It's the first time the teenager has taken part in a fashion shoot and his whole family turned out to support him.

A source said that David and Victoria Beckham are keen to support all of their children's interests, but are not pushy parents.

"David and Victoria are immensely proud of all their children, and they never push them into anything even though the boys get lots of offers.

"Brooklyn is focused on school and soccer, but of course he was so excited to get his first magazine cover shoot as he's interested in photography like his dad.

"The photo shoot was shot over a weekend and all the family went along to support Brooklyn."

Man About Town Editor in Chief Ben Reardon said Brooklyn epitomises a teen fashion icon.

"We are thrilled to feature Brooklyn Beckham in a world exclusive on the cover of the Spring/Summer 2014 issue of Man About Town.

«Brooklyn's first published editorial is a 20-page fashion story celebrating teenage style, which shows a warm and honest insight into the moment men begin to express themselves through clothes," explained Reardon.

"We could not have wished for a stronger subject than Brooklyn to bring this story to life. He was a diligent, relaxed cover star for his first ever fashion shoot.

"The story was a genuine pleasure for all involved. Brooklyn was a true professional and had a keen eye in the styling process, collaborating on selections from designers including Ralph Lauren, Saint Laurent and Supreme.

"It is clear that he is becoming a credit to the family name, not only possibly the most famous in the world but one with a wealth of heavyweight fashion influence behind it."

Brooklyn has clearly been inspired by his mother's love of fashion, as he is pictured wearing labels including Ralph Lauren, Saint Laurent and Supreme.

The teen turns cover star for the magazine, with his hair styled into a quiff as he wears a tie and in a navy blue bomber jacket. The word 'Quiche' is emblazoned on the front of the magazine, referring to the new term for 'hot,' coined by Australian comic Chris Lilley in his hit HBO series, Jonah: Private School Girl.

Brooklyn's younger brother, 11-year old Romeo has already made his foray into the modelling world, after starring in a Burberry campaign in December 2012.

As well as demonstrating a flair for fashion, Brooklyn is believed to have his inherited his dad's skills for soccer. The young star in the making has had trials at Chelsea in January 2013 and has been training with Queens Park Rangers' academy.

Sleep deprived South East struggles to 'nod-off'

THE CLOCKS sprung forward this weekend, resulting in the loss of another precious hour of sleep.

But it's not just one hour of sleep that we're losing. A new sleep study from New Febreze Sleep Serenity shows that on three different nights each week, people in the South East lose an average of one hour and 43 minutes of shut eye while struggling to nod off – that's five hours and 59 minutes each week or almost 13 days each year. Almost nine in ten people in the South East (88%) have nights of disturbed sleep with more than a third saying they rarely have a full night's sleep.

The effect of this lost sleep is visibly noticeable, with over half (58%) of people in the South East stating that people say they look tired or like they're struggling the morning after a bad night's sleep.

The research revealed stress, bad dreams and partner's snoring were among the top 10 reasons for a disturbed night sleep. Sunday was identified as the night when people in the South East are all most likely to find themselves tossing and turning, worried about the working week ahead.

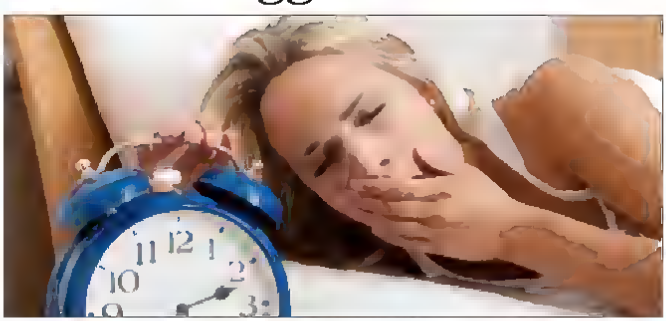
Leading sleep expert Dr Guy Meadows, comments "For people in the South East, the continuous struggle with sleep peaks on a Sunday night. Largely it's due to us going to bed late on a Saturday night, and sleeping in too long the next day. What people may not realise is that this resets your body clock, the part of your brain that tells you when to sleep, telling it to go to bed later the next night. You also need 16-17 hours of wakefulness in order to get to sleep, which doesn't happen if you get up late."

Dr Guy continues "So, however hard it may feel, it's important to wake-up and face the day as early as you can after a late Saturday night to help you fall asleep quickly and stay asleep, ready to start the week full of energy."

Lack of sleep is a big problem for people in the South East of England, with over two thirds (70%) going through periods of worry that they'll never get to sleep again.

Londoners were found to be most likely to wake up in a bad mood after a bad night's sleep (79%), closely followed by people from Yorkshire (70%) East Midlands (74%) and South East (72%).

Lack of sleep isn't just affecting mood, it's also affecting productivity, with over three quarters (84%) of people in the region struggling to concentrate at work after a night of tossing and turning. A sixth (15%) of people in the South East have been pulled up on their tiredness-induced poor work by their boss, while a fifth (20%) admit to making mistakes at work. One in ten (10%) have snapped at a colleague and 5% have fallen asleep at their desk. Others may not even make it to the office, with one in ten (11%) nodding off on the commute. It's also a bad week for tardiness, as 5% of people in the South East admit to having been late for work on the Monday following the clock change.



TOP TEN REASONS FOR DISTURBED SLEEP IN THE SOUTH EAST

1 Needing to go to the toilet	6 Money worries
2 Stress/anxiety	7 Health problems
3 Being too hot	8 Work issues
4 Partner snoring	9 Being too cold
5 Bad dreams	10 Noisy neighbours

Other negative effects from lack of shut-eye were listed by people in the region as snapping at their partners (48%), oversleeping (29%) crying (20%), and even leaving the house with clothes on inside out (3%)!

The South East's current bedtime routines involve watching TV (40%), checking social media (27%) and reading work emails (11%). But with the region losing 2 years of their life struggling to sleep , the research suggests these nightly rituals are not promoting a peaceful night's sleep, particularly for the 13% who admit to gaming just before bed.

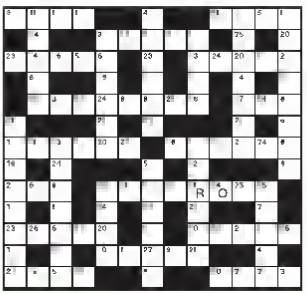
The research is released in line with the launch of New Febreze Sleep Serenity, the first range of products designed by Febreze to create a relaxing bedtime environment.

Febreze worked with Dr Guy Meadows to identify different sleep typologies that the UK population fall into. These can be found by visiting www.supersavvyme.co.uk and filling out a short quiz. Once you've identify which of three core sleep types you fit into, you will be able to access tips from Dr Guy Meadows for how you can adjust your nightime routine to #sleephappy.

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14 O
2	15
3	16 R
4	17
5	18
6	19
7	20
8	21
9	22
10	23
11	24
12	25
13	26

Last week's solutions:

1 S	2 F	3 B	4 K	5 O	6 U	7 N	8 D	9 H	10 L	11 P	12 T	13 Q
14 V	15 C	16 Z	17 E	18 R	19 G	20 I	21 A	22 M	23 W	24 J	25 Y	26 X

Wordsquare

R	H	A
U	W	S
E	E	O

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate

15 words - average,
20 words - good,
25 words - very good,
30 or more - excellent.

Last week's solutions:

begin, beshelling, being, belong, bigwig, bing, binge, binged, bings, boeing, bogie, bogied, bong, diego, ding, dings, dingy, doge, doing, doling, ged, gied, gids, gilled, gilt, glen, glid, glide, glob, globe, gob, gobi, gold, golden, gone, hinge, hinged, hing, hoing, holing, hong, ignoble, ing, ingle, inglenook, lob, lobe, loge, oge, ong, longed, neigh, nigh, obi, obige, obliged, ogle, ogled

Double Crossword

Choose either quick or cryptic clues

Cryptic Clues:

Across

1 Standard features of many thoroughfares (6-5)
9 Sister who stays in a singular state (3)
10 Those chosen note with the conductor (6)
11 Insect on only what is right? (5)
13 Jack Brown's popular in Scotland (7)
14 Time when all assets were frozen (5,3)
16 Discovers Eastern secret agents (6)
18 Insane is another way of putting this (7)
19 Different names for a minister's house (5)
20 Sat cheats perhaps and is punished (6)
21 Six unhealthy sounding (3)
22 No more stars for star-gazers (11)

Down

2 Not up to 100 mph? (3)
3 Not inclined to build (5)
4 Not a musical score (6)
5 Dresses at first then grows weary (7)
6 Trying time for a beginner (8)
7 What is left (11)
8 Doggedness as derived from its presence (11)
12 They're a blend of the main races (8)
15 Proverbially it's not an inclination of gold (7)
17 Time to make things palatable (6)
18 Either way it's a mode of address (5)
21 One may be enlisted to be called (3)

Quick Clues:

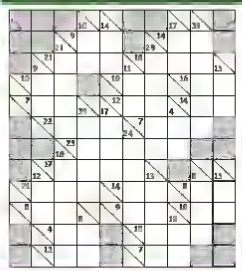
Across

1 Ruling (11)
9 Single (3)
10 Specific (6)
11 Male duck (5)
13 Comprehensive (7)
14 Lure (6)
16 Ordain (6)
18 Compunction (7)
19 Blackboard support (5)
20 Disentangle (8)
21 Colour (3)
22 Unthankfulness (11)

Down

2 Regret (3)
3 Evade (6)
4 Deaden sound (6)
5 Unceasing (3,4)
6 Dignity (8)
7 Unfeeling (4,7)
8 Tenant (11)
12 Robot (8)
15 Bearer (7)
17 Leave (6)
18 Bring to bear (6)
21 Concealed (3)

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.

Scribble pad

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions > From top to bottom: Simple, Intermediate, Difficult

Simple

	8		7		3		6	
	2			9			3	
		3				1		9
7			4		2			5
3	9	2	1		5	7		8
5			9		8			3
9		6				8		
		7		5	9		2	
	5		3		4		7	

Intermediate

		4	5					6
6		3		8		5	1	
1					4		2	
			1	4			7	
7					6		3	
	8			3	9			
5	2		3			1		9
	3	7		6				5
		1			5	3		

Difficult

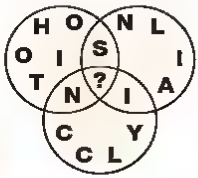
		8	3					
3						4		2
	1		4		8	3		
5	7		9					
	9						5	
					1		9	3
		9	8		3		7	
1		4						5
					4	9		

Last week's solutions

GRYPHG Across 1 Mask, 3 Illusory, 9 Tedious, 10 Fifty, 11 Disinherited, 13 Retire, 15 Accrue, 17 Empty protest, 20 Crown, 21 Incense, 22 Refusing, 23 Digs. Down 1 Metadone, 2 Sister, 4 Erases, 5 Unfrocked, 6 Outwear, 7 Yo-yo, 8 Corner stones, 12 Meat loaf, 14 Time off, 18 Option, 19 Ennui, 10 Sour, OU OK. Across 1 Sewn, 3 Acquired, 9 Propose, 10 Defer, 11 High priest, 13 Refund, 15 Either, 17 Gerrymanders, 20 Limbo, 21 Electric, 22 Surrender, 23 Onus. Down 1 Slapdash, 2 Wrong, 4 Cleans, 5 Underclothes, 8 Reflect, 7 Dare, 8 Fooling, 12 Centuries, 14 Footman, 18 Indeed, 19 Often, 16 Plus.

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?



Last week's solutions:
The letter represented by the question mark is N. Benedict, Dominic, Ignatius, all saints.

Anahamuddle

Rearrange the letters in the grid to make five words that read both across and down. Five letters have been placed to start you off.

					A
A					
				E	
			E		
	S				

A

E	S	T	A	L	
S	T	U	L	T	
T	R	E	E	S	
B	A	U	S	E	
A	S	S	A	S	

B

Last week's solutions.
Trout, Rouse, Outer, Users, Terse

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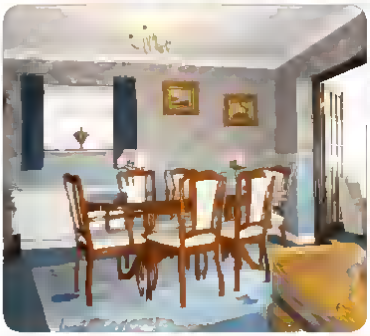
£850,000

Detached house situated on the beach front of the Aldwick Avenue private marine estate. The enviable location allows panoramic sea views from many of the principal rooms and direct access to the beach from the rear garden. This well presented property includes g.f.h. u.PVC d/glazing, cloakroom, sitting room, morning room, dining room, study, kitchen/breakfast room, utility area, master bedroom with balcony & en suite bathroom, 3 further bedrooms, second bathroom, double garage, courtyard front garden with parking for additional vehicles & a South facing rear garden. EPC RATING: D

For more information, contact Coastguards Estate Agents on 01243 267026 www.coastguardsproperty.co.uk



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ALDWICK **£385,000**

A well presented detached house situated within approx half a mile of the beach, shopping facilities and schools. The property has been made the subject of a programme of remodelling & refurbishment by the current owners. G.F.H., u.P.V.C. dble glazing, cloakroom, good sized dual aspect lounge with attached conservatory, fitted kitchen with arched opening to the dining room, utility room, three bedrooms, refitted bathroom, garage, parking for several vehicles and gardens including a 100' rear. EPC Rating C.

CRAIGWEIL **£795,000**

Well presented modern detached house situated in private marine estate around 200 yards from the beach. Large South facing lounge, spacious dining room, versatile dual aspect study, kit/breakfast room, utility room, an unusual curved staircase and landing, master bedroom with en suite bathroom and balcony, three further bedrooms, family bathroom, detached double garage and gardens including a South facing rear. EPC Rating D

ALDWICK **£650,000**

A Character house situated on a corner plot. The specification of this well presented property includes g.f.h., dble glazing, dual aspect lounge and sep. dining room, kitchen/breakfast room with conservatory extension, utility room, master bedroom with en suite shower room, four further bedrooms, family bathroom, separate w.c., garage and good size gardens. EPC Rating F

ALDWICK **£630,000**

Spacious & interesting attached property situated in a small private marine estate with access to the beach. The property which would benefit from some refurbishment comprises the West wing of approx half of the original detached house. G.F.H. & solar panels, majority dble glazing. Impressive dual aspect open plan living rm plus sep. dining area, sun rm, kit/breakfast area, shower rm, first fl. reception rm, first floor kitchenette, master bed with en suite shower rm, 2 further bedrms, bathrm, dble garage and good sized gdns with access to a small copse which is collectively owned by the residents. EPC RATING E. Further 3 bedroom apartment/annexe now available. EPC RATING D

ALDWICK **£595,000**

An unusual detached property situated in a secluded position within 200 yards of the private beach. The very well presented property includes a spacious entrance hall, cloakrm, a living rm, good sized conservatory/dining rm, kit/breakfast rm, utility rm, gf bedrm with en suite bathrm, further gf bedrm/study, first floor bedrm with en suite shower rm, family bathrm, detached dble garage with study/office over, secluded Southerly gardens. EPC Rating C

ALDWICK BAY ESTATE **£270,000**

A very well presented first floor apartment situated in a small development approx. 150 yards from the private marine estate. The apartment has been made the subject of a programme of refurbishment and modernisation and includes g.f.h., u.P.V.C. dble glazing, dual aspect living rm with windows to South and West, attractive kit/breakfast rm, two bedrms, fully tiled shower rm, garage in nearby compound and use of landscaped communal gardens. EPC RATING C

CRAIGWEIL-ON-SEA **£237,000**

A two bedroom ground floor flat situated in a private road within three hundred yards of the beach. G.F.H., u.P.V.C. double glazing, a 17' triple aspect living room, two double bedrooms, a refitted kitchen, refitted bathroom, a garage and a private South West facing rear garden. EPC Rating E

Motors

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Kia Motors' March sales jump

KIA MOTORS CORP, South Korea's second largest automaker, said Tuesday that its sales jumped 15.2 percent in March from a year ago, mainly helped by more overseas demand.

The carmaker said it sold a total of 272,002 units overall last month, up from 230,076 a year earlier.

Of all cars sold, sales in the home market contracted 1.3 percent on year to 39,005 units, while overseas sales stood at 232,997, an 18.5 percent increase from March 2013, the company said in a statement.

Despite economic uncertainties, demand for Kia models in overseas markets pushed up sales numbers," the carmaker said. Sales of cars made by its overseas assembly lines shot up 14.6 percent compared to the year before to 116,084 vehicles.

Compared to February, when sales hit 242,797 units, numbers were up 12 percent.

Kia said sales of such cars as the Forte compact, Sportage R sport utility vehicle and midsize Optima did exceptionally well abroad.

It added sales of its Picanto small city car totaled 35,050 units last month, making it the best selling Kia vehicle during the one month period.

The carmaker said sales of the Forte in foreign markets hit 34,977 units, followed by 34,535 for the Sportage R and 27,581 for the Optima.

In the domestic market, sales of its steady sellers such as the K3, K5 and Sportage R did relatively well, although sales suffered due to sluggish automobile market conditions.

One heck of a bill!

THE OWNER of this 217mph Lamborghini Aventador faces a hefty repair bill after it was involved in a three-car smash on one of London's most expensive streets.

The £300,000 supercar had been filmed being driven around London in the past with flames firing out of its exhaust.

But it was reduced to a sorry state after suffering serious frontal damage with bits of its bodywork strewn all over the road.

A parked BMW and a Mazda5, worth a fraction of the price of the Lamborghini, were also involved in the accident, which took place on Sloane Street in Knightsbridge late on Sunday afternoon.

It is thought the Lamborghini was involved in a collision with the Mazda before hitting the stationary BMW.

Dozens of curious onlookers surrounded the Lamborghini to take pictures and film the badly damaged matte black car.

The crash happened outside the home of Lalit Kumar Modi, the founder of the Indian Premier League who tweeted about the

accident. The Metropolitan Police closed the road in both directions for almost an hour. No arrests have been made following the crash.

Graham Schultz of supercar specialists Modena Group estimated the repair bill at £90-£100,000.

Minutes before the smash, the matte black motor was filmed being driven by its owner.

The driver was breathalysed by police and his car was loaded onto the back of a lorry to be driven away.

A spokesperson for the Met Police said no arrests had been made following the crash.

The Lamborghini Aventador is powered by a 6.5-litre V12 engine which develops a staggering 700bhp.

It will accelerate from 0-62mph in just 2.9 seconds and go all the way to 217mph – three times the motorway speed limit.

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Sport

Football

Referee denies City late winner

Sunday 30 March 2014
South West Combinations League
Chichester City 2 – 2 Exeter City

EXETER CITY made the trip to Oaklands park in a tie that was a must win for Chichester if they wanted to keep the chance of winning the league in their own hands

Chichester welcomed back several players into the squad that were missing from the previous week and this began to show from the off as the home side dominated possession The deadlock was broken after just seven minutes rather inevitably the goal went to the home side After some determined work in the box from Kirsty Willett the ball fell to Cheshire whose looping cross was met at the back post by the head of Hollie Wride

Throughout the half Chichester continued to dominate with Lizzy Laws working well with Widdowson to orchestrate attacks for Chichester On 30 minutes a lapse of concentration allowed Exeter a way back into the game. A throw from the right hand side resulted in a deep cross to the back post that was nodded back across goal to draw the visitors level. Shortly after this the away side took the lead when a close range free kick was floated over the wall and into the net Despite their dominance throughout the half the green army found themselves going in at the break in a losing position

Chichester knew that coming out after the break they would have to throw everything into this half if they wanted to keep their title hopes in their own hands The ball continued much as the first half ended with the home side pinning the visitors into their own half As the half wore on Chichester created several chances but the finish was just lacking The home side's dominance showed in the amount of corners they won with delivery after delivery being played into the box.

After all their pressure Chichester finally got their reward when a strike at goal was met by the hands of an Exeter defender At first the referee waved play on but after consulting with his assistant awarded the spot kick Wride kept her nerve and struck the ball into the left hand side of the goal to draw Chichester level and get her second goal of the game The impetus was now well and truly with the home side, Exeter placed every player behind the ball to stop them from falling behind This meant that when they cleared the ball McGlashan and Alexandre had time to launch another attack. The home side thought they had won it when the goalkeeper got her hands to a well struck Lucie Challen effort only for the ball to run underneath and towards the goal Despite the adamant protests from the home players the referee and his assistant waved play on.

The game ended in a draw which means the Green army now must rely on other results if they are still to win the league Sunday the 6 April sees the ladies make the long journey to face Plymouth kick off 14 00

Football

Ladies Reserves win title

IN A SEASON which started seeing the club having to release several players, the team has gone from strength to strength as each game has passed. After the disappointment of the last 3 games last season the squad knew they needed to play well for the whole season if they were going to win the league this year

With a few new players and the younger players starting to mature the team seemed to have the right balance in areas of the field that were important The older heads were at the back and the youth who are full of pace were on the wings and up front

The team progressed to the semi final of the league cup beating two teams from the league above in the process and only going out on penalties to what looks like will be the champions of the league above in a game they could have actually won The team have seen many clean sheets and in 10 league games have scored 4 or more goals In total 62 goals have been scored and only 8 conceded. The goals have come from all over the pitch this year but Lauren Ellis, Stan Payne and Amy Bailey are all fighting for top goal scorer.

The team clinched the title this week with 2 league games left to play (only dropping 5 points all season) and will now gain promotion in to the South East Counties Premier Division for next season, a league that they feel they can compete in especially after the league cup results this season. The team have grown in confidence as the season has progressed and will look to start next season quickly and to try and cause as many problems for the teams around them as possible A huge congratulation on the achievement goes to the players

Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST PRESTON	32	83
2	LITTLEHAMPTON TOWN	31	64
3	EAST GRINSTEAD TOWN	32	64
4	CROWBOROUGH ATHLETIC	33	64
5	HASSOCKS	30	56
6	HORSHAM YMCA	30	54
7	DORKING WANDERERS	30	46
R	CHICHESTER CITY	34	45
9	ST FRANCIS RANGERS	32	42
10	PAGHAM	31	41
11	RINGMER	30	39
12	LINGFIELD	32	39
13	SHOREHAM	31	39
14	NEWHAVEN	30	38
15	SELSEY	31	38
16	ARUNDEL	28	32
17	LANCING	32	*28
18	RYE UNITED	30	26
19	HAILSHAM TOWN	29	26
20	WORTHING UNITED	30	R

* 6 pts deducted due to ineligible player

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	26	64
2	LOXWOOD	27	61
3	BROADBRIDGE HEATH	27	59
4	HAYWARDS HEATH TOWN	27	58
5	LITTLE COMMON	27	46
6	WICK & RARNHAM UNITED	27	42
7	BEXHILL UNITED	28	39
R	MILE OAK	25	*37
9	STEYNING TOWN	25	37
10	WESTFIELD	26	*31
11	AFC UCKFIELD	26	30
12	OAKWOOD	25	28
13	SALTEAN UNITED	27	26
14	STORRINGTON	27	22
15	MIDHURST & EASEBOURNE	26	21
16	RUSTINGTON	29	18
17	SEAFORD TOWN	26	17

* 1pt deducted - ineligible player

Division Three

	Team	P	PTS
1	LANGNEY WANDERERS	12	29
2	FERRING	14	28
3	SIDLESHAM	17	27
4	IFIELD	15	25
5	ROFFEY	14	24
6	UCKFIELD TOWN	14	21
7	CLYMPING	17	21
R	HURSTPIERPOINT	12	16
9	BILLINGSHURST	16	14
10	ROTTINGDEAN VILLAGE	16	14
11	SOUTHWICK	17	14

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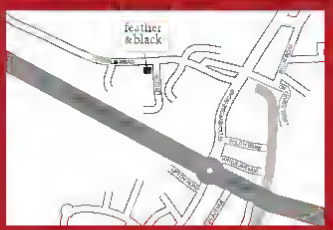

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